

# TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

## CONGRATULATIONS!

David HESSION

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

*As part of the Wollongong Triathlon Festival 23<sup>rd</sup> April 2023*

00:29:22

1.5KM SWIM SPLIT

01:14:09

40KM BIKE SPLIT

00:57:15

10KM RUN SPLIT

02:46:08

OVERALL TIME

45-49

CATEGORY

24

CATEGORY PLACING

345

OVERALL PLACING